

# Lifestyle Guidelines for Hypertension Management

<p>Reduce salt intake</p>	<p>Reduce salt added when preparing foods and at the table. Avoid or limit consumption of high salt foods such as soy sauce, fast foods, and processed foods including breads and cereals high in salt.</p>
<p>Consume a healthy and balanced diet</p>	<p>Eat a diet that is rich in whole grains, fruits, vegetables, polyunsaturated fats, and dairy products, and reducing food high in sugar, saturated fat, and trans fats, such as the <a href="#">DASH diet</a>.</p> <p>Increase intake of vegetables high in nitrates known to reduce BP, such as leafy vegetables and beetroot. Other beneficial foods and nutrients include those high in magnesium, calcium, and potassium, such as avocados, nuts, seeds, legumes, and tofu.</p>
<p>Consume coffee, green and black tea, and alcohol in moderation</p>	<p>Consume alcohol, coffee, and green and black tea in moderation.<sup>i</sup> The recommended daily limit for alcohol consumption is 2 standard drinks for men and 1.5 for women (10 g alcohol/standard drink). Avoid binge drinking.</p> <p>Hibiscus tea, pomegranate juice, beetroot juice, and cocoa may be beneficial.<sup>ii</sup></p>
<p>Maintain a healthy body weight</p>	<p>Your blood pressure rises as your body weight increases, and losing excess weight can help lower your blood pressure.</p>

Quit smoking	Smoking is a major risk factor for CVD, COPD, and cancer. Smoking cessation programs are available for patients who need additional support to quit smoking.
Exercise regularly	<p>Aim for 30 minutes of moderate intensity aerobic exercise (walking, jogging, cycling, yoga, or swimming) or HIIT (high intensity interval training) 5-7 days per week.</p> <p>Strength training 2-3 days per week can also help reduce blood pressure.</p>
Reduce stress and induce mindfulness	<p>Chronic stress has been associated with high blood pressure later in life. Evidence suggests that transcendental meditation/mindfulness lowers blood pressure.</p> <p>Reduce stress where possible and introduce daily mindfulness or meditation.</p>
Complementary, alternative, or traditional medicines	Some patients choose to seek complementary, alternative, or traditional medicines yet efficacy is not yet well understood.
Reduce exposure to air pollution	Evidence from studies support a negative effect of air pollution on blood pressure in the long term. <sup>iii</sup>

<sup>i</sup> A positive linear association exists between alcohol consumption, blood pressure, the prevalence of hypertension, and CVD risk.

<sup>ii</sup> Bonilla Ocampo, D., Paipilla, A., Marín, E., Vargas-Molina, S., Petro, J., & Pérez-Idárraga, A. (2018). Dietary nitrate from beetroot juice for hypertension: A systematic review. *Biomolecules*, 8(4), 134. <https://doi.org/10.3390/biom8040134>

<sup>iii</sup> Ghaznavi, R., Ahmadi, A., Shirani, M., & Kheirmand, M. (2020). The effect of pollution on hypertension and on the total risk score in hypertensives. *E- Journal of Cardiology Practice*, 22.